

## **Put It in a Bubble**

Laura Brooke: This is a strategy called put it in a bubble.

So what we're going to do is bring in our imagination and think about something that is stressing you out right now, worrying you, concerning you, something that you really don't have control over perhaps.

And what you're going to do is begin by just imagining a big iridescent bubble in your hand. You've got to be gentle.

You're holding it, a big iridescent bubble, very gently, softly. And you're going to put one of your worries, one of your stressors, in that bubble, just for now. You're going to just put it in there.

Let it sit there.

Let it be there. It's still there.

You can see it, but now it's encased in a bubble. It's not encased in you right now. It's in the bubble. And now, you're going to imagine that that bubble is beginning to move outward toward the tip of your finger. And now, it's just sitting on the tip of your finger.

We're going to put our hand on our belly. And we're going to take a deep breath, feeling that balloon rise.

And as you exhale, you're going to blow that bubble away, letting your stressor go, picturing that bubble floating away.

Putting it in a bubble.